

WHAT TO EXPECT 手术后可能遇见的状况

- After surgery, you will have dressings in place on the abdomen with a wrap or abdominal binder and drains in the surgical area. Drains may stay in for as long as seven days after your surgery.
手术后，您的腹部将用着敷料或腹部黏合剂与排液管敷好一起。排液管可能会放着长达7天之久。
- Your abdomen will feel tight for a month or longer. 您的腹部会有着紧绷的感觉而可能长达1个月或更长的时间。
- Swelling & mild bruising along the abdomen are normal after surgery and will gradually subside over the next several weeks.
手术后的腹部会有肿胀和轻度瘀伤而这都是正常的现象，情况都会在几周内逐渐消退。
- Resuming of sports or heavy exercise for at least 6 weeks.
至少6周后才可以恢复运动或剧烈锻炼。

INSTRUCTIONS 指示

- Hydrate with non-sugar containing liquids. Electrolyte or vitamin water is advisable.
建议饮用不含糖的水合饮料，最好是电解质或维生素的饮料。
- The binder should be worn 24 hours a day or as tolerated until your first follow up appointment.
腹部黏合剂应每天24小时穿上使用，至少您得忍受到下一次的预约。
- Sponge bath only for the first 72 hours.
72小时后才可以用海绵洗浴
- You may take a bath/shower after 72 hrs once the binder has been temporarily removed.
您可以在72小时后洗浴时暂时把腹部粘剂除去。
- Avoid whirlpools and hot tubs for at least one month until the incision sites have healed.
避免漩涡和热水浴至少一周，直到切口部位愈合为止
- Keep your dressings as clean and dry as possible, may change dressing daily to avoid infection.
尽可能保持敷料清洁和干爽，每天必须更换敷料以避免感染
- Do not engage in any strenuous activities for first week after surgery. Walking is encouraged immediately after surgery and can help improve fatigue.
手术后第1周不得进行任何剧烈运动。呼吁您手术后马上步行，这有助于改善您的疲劳。
- You may find it more comfortable to sleep with 2-3 pillows to elevate the head. This removes tension on the abdominal area after surgery.
您可以使用2-3个枕头把头部抬高这会让您更舒适。这样可以消除手术后腹部的张力。
- You may sleep sideways if deemed more comfortable.
您可以选择侧身睡觉，这会睡得更舒服。
- Take your prescribed medications.
服用医生给您的处方药物。
- If you start to feel itchy due to the garment after several days, you may wear a cotton t-shirt and place the garment over it. This will help alleviate the itch.
如果身上的衣物让您发痒，您则可以穿棉制的T恤，然后再把衣物穿上。这将有助于减轻您的瘙痒。
- Avoid drinking of alcohol and avoid smoking during the first 14 days after the procedure. 手术后的14天内避免饮酒和吸烟

**CALL THE CLINIC AT 0920-966-5613 WHEN YOU ARE EXPERIENCING ANY OF THE FOLLOWING
遇到以下情况，您可以致电0920-966-5613致电诊所**

- You have sudden chest pain, shortness of breath or severe dizziness and vomiting.
如果您有突然的胸痛，呼吸急促或严重的头晕和呕吐。
- Constant and increasing pain that is not alleviated by the prescribed medications.
持续不断且增加的疼痛程度而又无法通过处方药缓解。
- Bleeding from the incision.
从切口出血。
- Increased pain, swelling and warmth over and around the incision areas.
切口周围和周围增加疼痛，肿胀和发热。
- Unusual draining liquid along the incision areas.
沿切口位置排出异常液体
- Fever. 发热